



PUBLIC HEALTH UPDATE

IN MEMORIAM: MRS. MARY LOU BENTON



Earlier this month, Mrs. Mary Lou Benton passed away and was laid to rest. Mary was first appointed to the Joint City – Cowley County Board of Health in September of 1988 and she served continuously for nearly 34 years providing local insight and focused guidance to multiple health department administrators and staff members. Mary was a genuinely kind person who was driven by wanting to make life better for the people in our community. It was a distinct honor to work with Mary who will be missed greatly by all of us at the health department. Her tenure will likely never be matched. Thank you Mary, for the remarkable selfless job and example you provided.



WHAT'S NEW IN PUBLIC HEALTH

Severe Weather Preparedness Week

April marks the start of tornado season in Kansas and it will be here before you know it! Join us for Severe Weather Preparedness Week (March 6-10) as we highlight how you can stay safe from tornadoes, floods, lightning, and other dangers.

Now is the best time to act! Take the steps today to make sure you and your loved ones are ready for when disaster strikes. Visit [ready.gov](https://www.ready.gov) to learn more about preparedness and what you can do to stay safe!

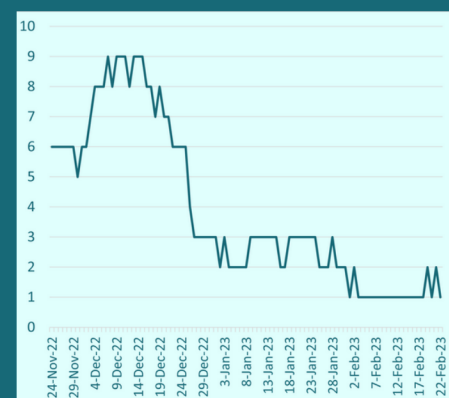
For more information about Severe Weather Preparedness Week, visit [weather.gov/top/swaw](https://www.weather.gov/top/swaw)

COVID DASHBOARD

COVID Community Level



7 Day Rolling Average of New COVID Cases



Guidance:

The current Community COVID Level is **Low**. We recommend adhering to our usual guidelines for staying safe from illness:

- Stay home if you feel ill. Do not resume normal activities until you have fully recovered.
- If ill, isolate from others to avoid spreading illness.
- If you develop symptoms of illness, get tested to determine if you are infected.
- Wash your hands frequently and use hand sanitizer.
- Clean high touch surfaces (doors, counters, etc.) with disinfecting cleaners.
- If desired, wear a mask that properly covers your nose and mouth while in public.

MARCH

During March, we will be highlighting several important topics to help keep you well!

National Nutrition Month

Poor diets contribute to many chronic diseases, illnesses, and conditions like cancer and heart disease. So, during the month of March, we will be highlighting the importance of a good nutritional choices and healthy habits.

Visit [myplate.gov](https://www.myplate.gov) to learn more!

American Red Cross Month

From disaster response to blood banking services, the American Red Cross plays a vital role in helping to save lives and keep people safe.

Join us on social media as we highlight the many important services they provide and how we can all support them.

Visit [redcross.org](https://www.redcross.org) for more information!

UPCOMING EVENTS

Storm Fury on the Plains

On **February 28th at the Cowley Cinema at 6:30 pm**, the National Weather Service will be hosting a presentation to help prepare storm spotters and weather enthusiasts for the upcoming storm season. This presentation will feature information about different types of storms, severe storm identification, reporting hazardous weather, and severe weather safety.

Health & Safety Fair 2023

The annual **Cowley County Health & Safety Fair returns to Winfield on Saturday, May 6th from 9:00 am to 12:00 pm!** Join us at the Winfield Fairgrounds this year to learn about important health & safety topics. Stay tuned for more details!